



City Update

News and Information for City of Saint Paul Employees

October 8, 1999

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Mayor

Norm Coleman

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Shoo the Flu!

Flu season is right around the corner! Flu, or influenza, usually strikes during December to April, causing widespread misery for many. While the symptoms of this common disease generally last between a few days and a week, the flu can lead to severe complications, especially if the flu virus or infection reaches the lungs. Flu can even lead to death.

Vaccination each year before the flu season of high-risk people is the most effective way to reduce the impact of this virus. HealthPartners offers a nationally recognized flu shot program to help keep you healthy throughout the flu season.

Should I get a flu shot?

The flu is not a choosy illness--people of any age and health status can catch the flu. Anyone who wishes to reduce their risk can get a flu shot. However, the following groups of people who are most at risk of suffering dangerous complications from the flu should plan to get a flu shot every year, with their doctor's approval:

- * Age 65 or older
- * People of any age with chronic heart disease, lung disease, cancer, diabetes, immune system disorders, or any chronic illness requiring regular visits to the doctor
- * Children and teenagers receiving chronic aspirin therapy
- * Pregnant women who will be in their second or third trimester, or immediately postpartum, during flu season
- * People who work in schools, health care, or other community settings
- * People who live with those at risk

Free Flu Shots Available

As a City employee, you may either call your doctor to schedule a flu shot, or get a free flu shot at any open enrollment session (*see your Employee Benefits Booklet for dates and times*). This year, the flu shots will be available, free of charge, to all City employees, even if you do not have health coverage through the City. Family members of City employees in the HealthPartners plan should call their doctor for information about receiving flu shots during the autumn months.

Be sure to wear a loose, comfortable top, preferably with short sleeves--this will help make the process quick and easy for everyone involved.



If you are allergic to eggs, have had a severe reaction to a flu shot in the past, are allergic to Thimerosal (found in contact lens solution), or have a moderate to severe illness, check with your personal physician before receiving a flu shot or any other vaccination. Most people have little or no reaction to the vaccine.

Since new strains of the influenza virus are always appearing, some people do contract the flu even after getting the flu shot. However, these people generally have a milder case than those who do not receive a vaccination.

Saint Paul
Celebrating 150 Years

HealthPartners' Autumn Health Expo

Mark your calendars for the third annual HealthPartners Health Expo to be held at its White Bear Lake Clinic on October 21. Events are scheduled from 6 p.m. to 9:30 p.m., are free and open to all!

The evening begins at 6 p.m. with lobby displays featuring Shiatsu-massage, a demonstration by White Bear Racquet & Swim, books on display from Lake Country BookSellers, and health-related handouts from HealthPartners Center for Health Promotion.

At 7 p.m., the keynote address "You are the One to Keep the Peace" will be presented by Joan Bilinkoff, a nationally known speaker on the prevention of violence. We have all been in situations where children are grabbed, yelled at, or otherwise humiliated; we walk away because we don't know what to do or say. Joan will offer practical advice and specific language to use in these situations.

After the keynote address, six workshops are offered. You may select two of the following sessions to attend. Call HealthPartners at 651.426.2800 to pre-register.

Diabetes Prevention - Diabetes is a major disease with silent signs and symptoms. If not detected early, diabetes can cause major health problems. Learn how you can prevent diabetes and the risk factors that are attributed to this disease.

Stress Management - Teena Moy, health psychologist, is back by popular demand. Her workshop will help you decrease stress by watching for the signs and symptoms that create stress. She will provide valuable tools to help you cope with everyday life.

Advance Directives - Everyone should have one...do you? Kay Tuveson, a HealthPartners attorney, will explain what needs to be said in your personalized advance directive (living will). All participants will receive an advance directive workbook.

After 40...What Next? - Shirley Bebensee, nurse practitioner, will explore hormone replacement, menopause, and perimenopausal issues. She is knowledgeable about women's health issues and offers valuable information.

Laser Vision Correction - It has the potential to change how we provide eye care in the future. An ophthalmologist will explain the benefits of laser vision correction surgery. If you are considering laser vision correction, plan to attend this workshop.

Fitness and Weight Management - A health educator will help you design and manage a healthy lifestyle. Learn about balanced fitness programs, and more. We'll discuss using the popular tubes and rubber bands in your routine.

Call HealthPartners now to pre-register for your choice of workshops! Learn all you can, make healthy choices, and work toward a healthier YOU!!

Provider Information and Directories

Doctors and clinics available under the HealthPartners Plus plan are continually changing. New directories are available during open enrollment and can be requested by returning the postage-paid postcard at the back of your Benefits Booklet. The directories will also be available at all open enrollment sessions, or at the Risk Management Division, 150 City Hall.

Current information about the HealthPartners Plus plan is also available on the Internet at www.healthpartners.com. You can find information such as:

- * clinic hours
- * locations
- * hospitals
- * key specialists
- * clinic staff
- * special features about each clinic.

The web site also offers quality of care measures, consumer satisfaction survey results, providers' credentials and personal profiles. This web site focuses on primary care providers, but if you wish to find a particular specialty provider in the Extended Network, or require chiropractic, dermatology, or physical therapy services within the Extended Network, you may be better served using the directories.

As always, if you have any questions about your HealthPartners networks or benefits, or need help in choosing a primary care clinic, HealthPartners Member Services is available to help. Call 612-883-5000 any time during the year to get information about the current status of a doctor or clinic.



Visit www.healthpartners.com
for more information





Police Department Updates Telephone System

The Saint Paul Police Department has introduced a new, structured menu approach to its general information number. People who call the general information number – 651-291-1111 – will be directed to a menu, similar to those used by banks and airlines, to reach the person or police-related function they need. The option to transfer out of the menu to speak directly to a police operator is also available. The 651-291-1111 number is for business and information purposes and should not be used as a substitute for the 911 Emergency System.



“This system will allow our telecommunications operators more time to answer 911 calls and dispatch the appropriate assistance,” said Richard Gardell, Deputy Chief of Support Services. “This re-allocation of tasks will enable us to provide the best possible response to emergency situations.”

Fall Art Crawl

Take a self-guided tour of the different downtown galleries and experience the dynamic community of Lowertown at this weekend's Saint Paul Art Crawl. This season's event includes photography, painting, jewelry, computer arts and more. Artists will be available to answer questions and art is available for purchase. The Art Crawl starts on Broadway and Fourth Streets. Shuttles are also available. The Art Crawl will be held on Friday, Oct. 8, from 5 p.m. to 10 p.m. and on Saturday, Oct. 9, from 1 p.m. to 6 p.m.



October Toastmasters Meetings

The Public Employees Toastmasters invite City of Saint Paul employees to attend a Toastmasters meeting to learn more about the club and new member orientation during the month of October. Toastmasters is a great way to become more comfortable with public speaking in a relaxed and informal atmosphere. Public Employees Toastmasters meet on Wednesdays at noon in Room 1502 of the City Hall Annex. For more information, contact Paul Mordorski at 266-6683.

View the Vibrant Colors of Autumn

It is fall once again and the idea place to view the vibrant colors of autumn is from the Highland Water Tower, located at the intersection of Snelling Avenue and Ford Parkway in Saint Paul.

The Highland Water Tower will be open to the public from 9 a.m. to 5 p.m. on both Saturday, Oct. 9 and Sunday, Oct. 10. Admission is free.



Employee Spotlight

Al Bataglia, Assistant Fire Chief and Director of Emergency Management for the City of Saint Paul, was recently named the Outstanding Regional Director of the Year for the Metro Region by the Minnesota Association of Emergency Managers.



Al was recognized for his role in growing and refining the City's emergency management program, exceptional disaster preparation and response activities, and the continued financial recovery from four Presidential disaster declarations.

In the past year, Al has been a key player in coordinating a number of disaster response exercises for the City of Saint Paul. He has played an integral role in shaping the City's Y2K preparation efforts and has developed new citywide policies to ensure a smooth, coordinated response to disasters.

While his efforts in emergency management deserve this recognition, Al's co-workers and those he supervises say they appreciate him for his timely and practical advice and his all-inclusive team building principles.

“Al has a unique ability to focus on the job ahead while at the same time motivating and leading those he works with,” said Mayor Norm Coleman. “He leads by example and puts his heart into his job and in passing on his knowledge to others.”



Trick or Treat at Como Zoo

Como Zoo invites you and your family to attend the Zoo Boo at Como Zoo. Follow the outdoor zoo boo path and collect treats!

Oct. 16, 17, 22, 23 & 24; 5:30 to 8 p.m.

Advance Ticket Prices - \$4 per child; \$1 per adult

Ticket Prices at Gate: \$5 per child; \$1.50 per adult

Advance Ticket Sales: Snyder Drug Stroes & Zoodale

Exchange child's ticket for treat bag at the gate. Only official Zoo Boo treat bags permitted.

For more information, call 651-645-1014.



City Update

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City Update is a bi-weekly newsletter for City employees published by the Citizen Service Office of the City of Saint Paul. Submission deadline is noon on Tuesday, one week before payday. Call 266-8528 for information or for a calendar.

150 Trivia

October 8 Trivia Question

Q: Who was the only women ever legally executed in the State of Minnesota?

September 10 Trivia Question & Answer

Q: Match these former Minnesota Twins with their Saint Paul High School?

- | | |
|------------------|------------------|
| 1. Paul Molitor | A. Highland Park |
| 2. Dave Winfield | B. Cretin |
| 3. Jack Morris | C. Central |

A: 1-B; 2-C; 3-A

Editor's Note:

In the September 10 issue of *City Update*, the number of employees who attended the Compete Saint Paul rally to show their opposition to the initiative was wrong. About 750 people attended the rally.

Job Openings as of October 8, 1999

Application Deadline	Job Title	Bi-Weekly or Hourly Salary Rate	Exam Date
Open	Communications Technician	\$1359.09	Quals
Open	Communications Technician Trainee	\$1111.53	Quals
Open	Conservatory Attendant	\$8.82 per hr	Quals
Open	Engineering Aide II	\$1084.28	TBN
Open	**Food Service Assistant (part-time)	\$8.43 per hr	See Job Ann
Open	Food Service Helper (part-time)	\$7.75 per hr	See Job Ann
Open	IS Information/Technical Analyst I	\$1139.99	Quals
Open	IS Information/Technical Analyst II	\$1326.60	Quals
Open	IS Information/Technical Analyst III	\$1470.98	Quals
Open	IS Information/Technical Analyst IV	\$1674.26	Quals
Open	IS Systems Support Specialist II	\$1089.46	Quals
Open	IS Systems Support Specialist III	\$1326.60	Quals
Open	Library Clerk (part-time)	\$9.23 per hr	Quals
10/18/99	Loan Specialist I	\$1226.94	10/25/99
10/18/99	Technology Support Technician II	\$1085.60	10/21/99
10/18/99	Technology Support Technician III	\$1284.80	10/22/99
Open	Telecommunicator	\$1242.48	Quals
Open	Ticket Sellers - River Centre (part-time)	\$5.50 per hr (in training)	TBN

****This is a walk-in examination. Do not submit a job application before the test.** Note: Call or visit the Office of Human Resources at 400 City Hall Annex to receive the official job announcement for these positions. Phone: (651) 266-6500 (TTY/TDD 651-266-6501). For jobs announced after September 30, please call the 24-hour job line, (651) 266-6502.